

EDUCATION AND DISCHARGE PLANNING

POST-PARTUM

INSTRUCTIONS GIVEN	INFORMATION PROVIDED		DEMONSTRATES UNDERSTANDING		COMMENTS
	STAFF	DATE	PATIENT	DATE	
1. POSTPARTUM					
CRAMPING					
LOCHIA (PROGRESSION)					
EPISIOTOMY CARE					
RETURN OF MENSES					
INCISIONAL CARE					
BIRTH CONTROL					
2. BREAST ENGORGEMENT					
NIPPLE CARE					
COMFORT MEASURES					
3. SELF CARE					
NUTRITION/ FLUIDS					
REST/ SLEEP					
ACTIVITY/ EXERCISE					
4. MOOD CHANGES/ BLUES					
FAMILY ADJUSTMENT					
5. MEDICATIONS:					
ANTIINFLAMMATORIES					
PRENATAL VITAMINS					
IRON SUPPLEMENTS					
NARCOTICS					
SIDE EFFECTS					
6. DISCHARGE INSTRUCTIONS					
MEDICATIONS					
FOLLOW UP APPT: OB/ FP					
WHEN TO CALL THE MD					
7. VIDEOS					
POSTPARTUM					

Initials:

Signature:

Addressograph: